



Nutrition and Endurance: Where Do I Begin? (Ironamn)

Sheila Dean

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In the busy pace of our modern lifestyle, athletes, whether a neophyte or an erudite, want the latest information on sports nutrition and they want it Now! But with sensationalist media headlines, endless advertising, and growing Internet information, what is the athlete to believe? Clearly, the need for the qualified health professional to disseminate scientifically, substantiated sports nutrition information is not just desirable, it's critical. This book is a guide to healthy eating for everyone who wants to lead a healthier life. Part one is an introduction to basic nutrition and shows you how to go from eating a poor diet to a healthy diet, while part two transitions the reader into what needs to be done to actually eat for training and competition.

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